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Karate Kata 型

Juscelino Frazão

-MtM 型 tDe treMAGre IV iMrMte

6ata 型 treasure oS karate 6arate or 6arate "空 W karate-dô as it is known, is a martiaG art Srom the East, more ”reciseGy Srom 'a”an. It had a great Chinese inSGuence in its creation and is undoubtedGy one oS the most ”racticed martiaG arts in the worGd. Its origin, Gike that oS other martiaG arts, is im”ossibGe to ”in”oint the exact moment oS its emergence, At most we can conLecture based on the sociocuGturaG enqironment in which it deqeGo”ed, tracing a Gine oS some oS the most im”ortant and credibGe eqents.

To speak of the art of empty hands (karate-dô) is to speak of a time when the people of Japan needed to defend themselves and, at the time, many were unable to have weapons for protection, and for this reason the tool used was martial arts, which at one point were also not allowed to be used for martial training, because of the ban. Kata (型 form) One way in which this training was practiced was through kata, a form of training for attacks, defenses, dodges, jumps, twists, punches and kicks, which were practiced in this coordinated system where lay people who had no knowledge of the art and especially of what those movements (kata) were, The use of kata in martial arts, and here we are talking about karate, was extremely important in the past for practicing the martial art in times when its use and training were prohibited, and to this day its importance is linked to the preservation of the art and also of ancient methods that were developed by great and notable masters who put into the training system, advanced methods of martial techni?ues that can be practiced by individuals of all ages, sizes and weights individually and without the need for a partner to practice, the benefits of kata are innumerable, such as training displacements, rotation, kicks and punches with them speeds, expansion and muscle contraction, not to mention the agility, motor coordination of the practitioner.

Over the years karate has grown and various styles such as Shotokan, Goju Ryu, Shito Ryu and many others have various katas in their schools, many with the same

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空手道

name and with some differences in the way they are performed, such as: height of their postures, low and high, and also in their way of executing with great speed and others with low speed and greater contraction using breathing in their execution, so that the kata could be practiced today in our schools today, they have undergone some modifications and adaptations due to their great complexities, masters like Funakoshi and others were of extreme help so that today the katas practiced by us, in our schools was possible, because due to the complication of execution and learning in the same by its complexities, these masters made adjustments to katas such as Kushanku ( ) and today known as Kanku Dai is the 1st kata of the "Kanku" series, its meaning is Contemplating Heaven which is a kata practiced in the shotokan school and by many other schools with different modes of execution, and which received modification to adapt to the practice of the time and which until today continues to be taught with the modification made by Funakoshi Sensei in the shotokan school.

Nowadays, kata is still widely practiced in all schools, but it is used prominently in competitions all over the world, where athletes perform individually and in teams, putting on shows for spectators all over the world, with performances of pure speed and precise movements of great skill.

The practice of kata in competitions is regulated and guided by arbitration commissions in their various federations, national and international confederations.

Rules have been adopted for judging competitions and also for the public to have an idea of how to evaluate competitors and the kata they perform. Kata had an objective in its creation years ago and today it has its objective for the present day, remembering that today we still have schools that are traditional, such as the okinawa schools, which maintain not only the originality of the practice as a whole, but also the tradition transmitted with it in its teachings transmitted to the students of these entities.

May the practice of kata always be taught in our Dojô as a way of perpetuating the teachings of karate and maintaining its original form, in order to preserve the traditionality of our martial arts.

By ,uscelibo Vrazão
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Author abd Writer

Karate Kata 型

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